

Baked French Toast Strips

Meal Components: Grains, Meat / Meat Alternate

Breakfast, J-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Texas Toast whole grain-rich bread, 1/2" thick (1 1/2 oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices	1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Frozen whole eggs, thawed	2 lb 15 oz	1 qt 1 1/2 cups	5 lb 14 oz	2 qt 3 1/8 cups	
OR		OR		OR	
Fresh large eggs (see Special Tip)		27 each		53 each	2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
Lowfat 1% milk		1 qt 2 cups		3 qt	3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
Sugar	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	
Salt		1 1/2 tsp		1 Tbsp	4. Cover pans with plastic wrap and chill for 4-24

Vanilla	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Ground cinnamon	2 tsp	1 Tbsp 1 tsp	<p>5. Sprinkle cinnamon on top</p> <p>6. Bake: Conventional oven: 425° F for 35 minutes Convection oven: 375° F for 20 minutes CCP: Heat to 145° F for 3 minutes.</p> <p>7. CCP: Hold for hot service at 135° F or higher. Portion 2 strips.</p>

Notes
<p>Special Tips:</p> <p>For 50 servings, use 13 ½ oz (1 qt ¼ cup) dried whole eggs and 1 qt ¼ cup water in place of eggs.</p> <p>For 100 servings, use 1 lb 10 ½ oz (2 qt ¾ cup) dried whole eggs and 2 qt ¾ cup water in place of eggs.</p> <p>Serve with Spiced Apple Topping (G-09), lowfat yogurt, fresh fruit, or maple syrup</p> <p>Updated July 2014. Restandarization is progress.</p>

Serving	Yield	Volume
2 strips provides 1 oz equivalent meat alternate and 1 oz equivalent grains.	50 Servings: about 9 lb 100 Servings: about 18 lb	50 Servings: 3 steamtable pans 100 Servings: 6 steamtable pans

Nutrients Per Serving					
Calories	155	Saturated Fat	1.18 g	Iron	1.35 mg
Protein	6.76 g	Cholesterol	115 mg	Calcium	83 mg
Carbohydrate	22.38 g	Vitamin A	229 IU	Sodium	280 mg
Total Fat	4.07 g	Vitamin C	0.3 mg	Dietary Fiber	0.7 g